

Physical Readiness Program E-GRAM

PFA EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – February 2012

If the command receives a PFA ADSEP message for a member who is deployed, is the command required to ADSEP the member during deployment? ...No. The command should request a Readiness Waiver for the duration of the deployment and inform PERS-8 of the Readiness Waiver request and their intention to ADSEP upon the member's return.

Are members required to be in Navy PTU for both height/weight and BCA measurements? ...No. As long as the member does not need to be taped, they are allowed to stand on the scale in the prescribed uniform of the day (no shoes). If taping is required, the member will be required to be in Navy PTU to ensure proper taping procedures are accomplished. All neck and waist measurements must be accomplished directly on the skin and hip measurements must be accomplished over PTU shorts only.

How are page 13s entered into a members electronic service record? Page 13s must be forwarded electronically to the member's Official Military Personnel File (OMPF). Hard copies are no longer accepted. The personnel office will electronically forward the page 13 to the member's OMPF. The page 13 can be uploaded to PSD via the Transaction Online Processing System (TOPS).

What should happen when a member is not performing an exercise correctly during testing? ...The CFL/ACFL should take the following steps:

- 1) Inform the partner and the member that the exercises are not being performed correctly.
- 2) Instruct the partner to stop counting the reps until the member corrects their form.
- 3) If the partner continues to count bad reps, the CFL/ACFL is to inform the member and the partner that they will be taking over as the counter.
- 4) Once the 2 minutes are up, the CFL/ACFL and partner will report the correct number of exercises performed to the recorder.

Tip of the Month

A great Physical Readiness Program always has integrity!